



Manhattan Fire Protection District

SOP #: 106-1	Effective Date: 01/11/11 Revised Date: 06/09/16
Section: Administration	
Subject: Physical Fitness	

PURPOSE:

The purpose of this policy is to establish a mandatory firefighter workout program. This SOP is designed to reduce occupational exposures. In the end, the frequency and severity of injuries, accidents, and illnesses should be reduced.

SCOPE:

This procedure applies to all shift members of the department, although physical fitness is encouraged for all members.

DEFINITIONS:

None

GUIDELINE:

On duty personnel will be required to exercise for at least 45 minutes each shift. All attempts will be made to allow fire companies to have time to conduct physical fitness and other daily station activities each day. Other scheduled meetings, work, and training activities may interfere with this and then company officers may direct physical fitness activities to begin at any other time suitable. Off-duty personnel will be allowed to use the exercise equipment at their own risk. Examples of acceptable workouts include but are not limited to weight lifting, cardiovascular activity (treadmill, elliptical, walking), stretching, video based workouts etc.

SAFETY CONSIDERATIONS:

A workout partner is encouraged both for safety and support. Reasonable routines should be established when alone to minimize the chances of injury while alone.

This policy is developed to ensure firefighters have an opportunity to be productive and safe while employed with Manhattan Fire Protection District and then retire in a healthy state. Studies have shown physical inactivity to be one of the primary risk factors in the development of cardiovascular disease, diabetes, and certain forms of cancer. The benefits of exercise include increased oxygen uptake, lean muscle mass, blood plasma, circulation, and functional capacity, and decreased body composition, resting heart rate, resting blood pressure, and stress. Regular physical exercise has been shown to decrease the risk of injury. Firefighters with the lowest



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strength levels have been shown to have the highest incidence of on-the-job injuries because of severe stress placed on the muscles and joints. The well-conditioned firefighter is less likely to be injured and is able to recover more quickly from an injury.

SPECIAL CONSIDERATIONS:

Companies will retain integrity and response readiness during their scheduled workout time.

Approved By:

Signature: Daniel Forsythe

Date: 06/09/16